

LOCAL RESOURCES

Arthritis Foundation Discoveries

Discoveries is a comprehensive one-hour presentation. In this hour you will learn the importance of diagnosis and the range of treatment options available to help improve your overall management of arthritis.



Healthy Living with Arthritis: KNEE, HIP & HAND

This one-hour seminar will give you an overview of how to treat your arthritis. There is also time to answer general questions you may have. Each presentation includes the following four speakers!

- Physician
- Physical Therapist
- Nutritionist
- Arthritis Specialist

Seminars are held monthly at The Orthopedic Specialty Hospital

Arthritis Foundation Aquatics Program

Arthritis Foundation Aquatics Program (AFAP)

Sign up for a warm-water exercise program for a fun way to keep your joints moving and improve your muscle strength. The buoyancy of the water helps reduce stress on your joints.

You do not need to know how to swim to join a class. Water is kept at a minimum of 83° F.

Arthritis Foundation Self Management Course

Learn about:

- Pain Management
- Exercise & Nutrition
- Managing stress and fatigue
- Relaxation Techniques
- Facts Arthritis & Fibromyalgia
- Communicating with your doctor & family

6-week course taught once a week

Arthritis Foundation P.A.C.E.

People with Arthritis Can Exercise!

The PACE class is a fun way to strengthen and stretch your muscles and keep your joints moving! The activities can be performed either sitting or standing — you choose.

For more information on any of the above programs, call:

Utah Arthritis Program

Utah Department of Health

P. O. Box 142107

Salt Lake City, Utah 84114-2107

(801) 538-9340

www.health.utah.gov/arthritis

Results from the ARTHRITIS Survey YOU participated in!

LOCAL ARTHRITIS RESOURCES INCLUDED!

Doctors' Knowledge, Attitudes & Awareness

Regarding Patient Arthritis Self-Management

UTAH DEPARTMENT OF HEALTH

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Arthritis Program
UTAH DEPARTMENT OF HEALTH



DESCRIPTION

The Utah Arthritis Program (UAP) previously conducted research about arthritis knowledge, attitudes and beliefs in women aged 40-64. A key finding was that these women viewed **physician recommendations** as **critically influencing their own decisions** regarding the use of arthritis resources and the Arthritis Foundation Self-Help Course

(ASHC). The women further stated that their medical providers offered little information about these resources. Therefore, the purpose of the study presented here was to assess the knowledge, attitudes and beliefs of medical providers with respect to these arthritis resources.

METHODS

Focus groups were used to gain qualitative information from a randomly selected sample of the Utah provider population. From this information, a mail survey was developed and utilized in a larger, more representative sample of the Utah provider population.

Focus Groups: Using a trained facilitator, five, two-hour focus groups comprised of Utah Primary Care Providers including nurse practitioners (NP), physician assistants (PA), and physicians were conducted. Two groups with NPs and PAs (18 total participants) and three groups with physicians (20 total participants). The NP and PA groups were composed primarily of

females (67%) and most had practiced medicine for less than 10 years (83%). The physician groups were composed primarily of males (85%) and most had practiced medicine for over 10 years (70%).

Survey: A mail survey was sent to 567 Primary Care Physicians. Of those, 158 surveys were completed and returned (27.8% return rate). Twenty one percent of those who completed the survey were female and 79% were male. Of the survey respondents 54% had been in practice for over 15 years, 20% 10-15 years, 17% 5-10 years, 7% 3-5 years, 1% 1-3 years and 1% less than one year.

RESULTS

Focus Groups: The primary findings were that the participants: 1) had a very low **“top of mind”** awareness of arthritis resources; 2) felt **“hopeless”** about treating those with arthritis; 3) had a desire for additional information about resources that could assist their patients; and 4) would be more likely to recommend the ASHC if they received positive feedback from patients who had taken the course. As noted, these findings were used to develop and refine the survey tool.

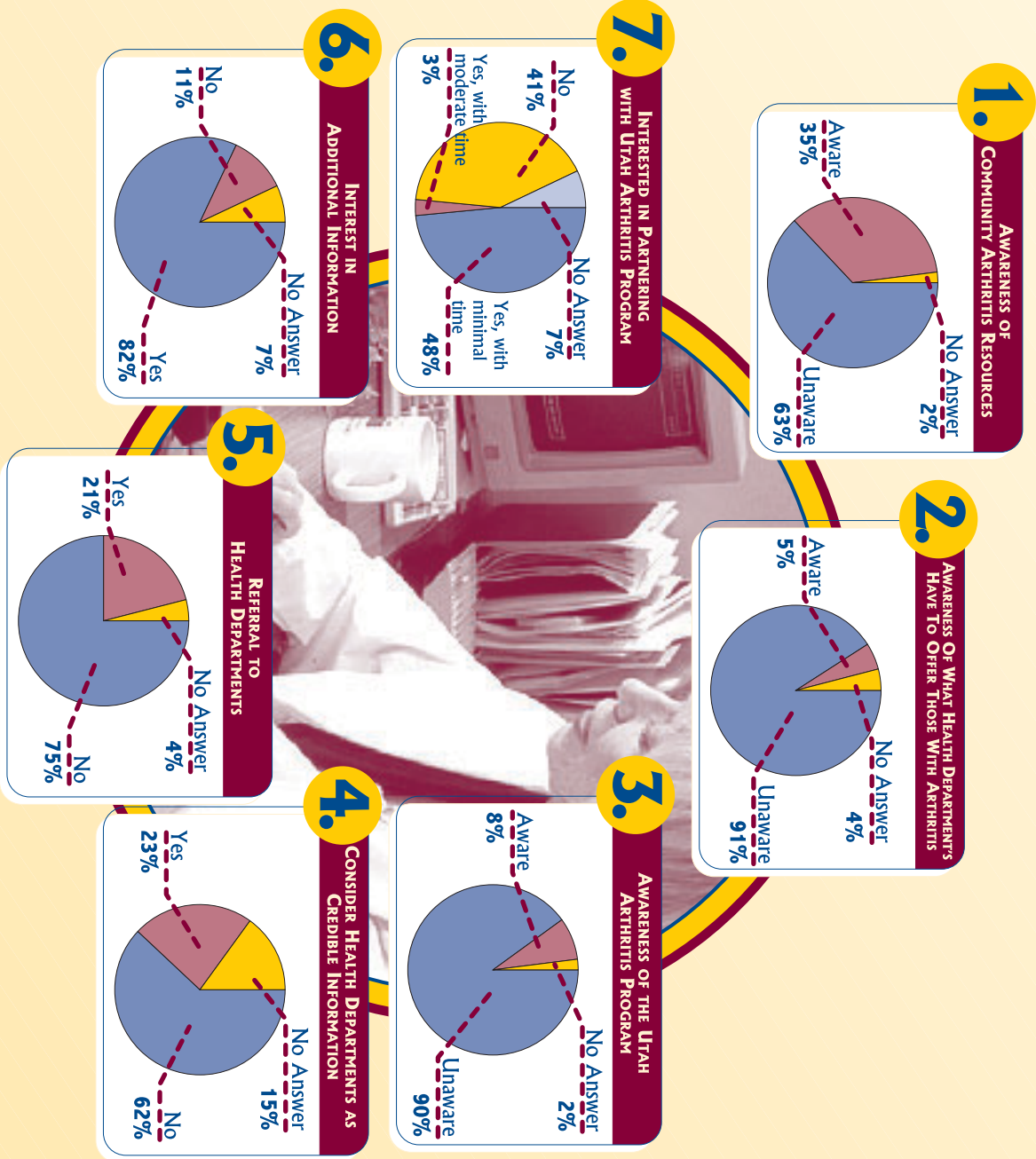
Survey: The mail survey findings concur with the focus groups in two areas: 1) participants had a very low **“top of mind”** awareness of arthritis resources, and 2) participants had a desire for additional resource information to assist their patients. Participants differed from the focus group participants in that they did not seem to feel as “hopeless” with respect to effectively treating patients. The survey respondents

did state that they would recommend a program if they saw evidence that it was effective and the cost was reasonable. Some also mentioned availability, safety, and legitimacy as important factors.

The majority of providers (90%) were **unaware** of community arthritis resources (Figure 1), and what local health departments in Utah offered with respect to arthritis resources (Figure 2), and didn't know of the Utah Arthritis Program (Figure 3). Importantly, less than two thirds thought the Utah Department of Health (UDOH) was a credible source of information (Figure 4) and less than one fourth refer patients to UDOH for health information (Figure 5).

However, respondents did have an overwhelming desire for additional information about resources that could assist their patients (Figure 6) and many are interested in developing or increasing partnerships with the Utah Arthritis Program (Figure 7).

FIGURES



DISCUSSION

The results of the research indicate very low awareness of local resources, particularly health department resources. This corresponds with the earlier focus group results. The Primary Care Providers desire for information on community resources is obvious and their interest in partnering with the Utah Arthritis Program (UAP) is very encouraging. It appears there will be opportunities to work with providers to

increase awareness about arthritis resources in the community. Further contact is needed to determine specific partnership ideas. Upon completion of this report, the UAP will begin conversations to determine the best avenue for partnering. The UAP will also work with the Arthritis Foundation to coordinate efforts to increase general awareness about programs and services available throughout the community.

See back for Local Resources...